

6150 Foreland Garth  
Columbia MD 21045  
410-313-7217  
Director: Kari Weidner


Longwood 50+ Center

October 2016

Days of Operation: Tuesday 9:00am – 1:30pm  
Wednesday 9:00am – 2:00pm



[www.howardcountyyaging.org](http://www.howardcountyyaging.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div> <div>3</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am <b>Lunch 12Noon</b> Ping Pong &amp; Games 1:00-3:00pm</div> <div>4</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Bread 1:30pm Ping Pong &amp; Games 1:00-4:00pm</div> <div>5</div>	<div></div> <div>6</div>	<div></div> <div>7</div>
<div>COLUMBUS DAY</div> <div>10</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am <b>Lunch 12Noon</b> Ping Pong &amp; Games 1:00-3:00pm</div> <div>11</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Bread 1:30pm Ping Pong &amp; Games 1:00-4:00pm</div> <div>12</div>	<div></div> <div>13</div>	<div></div> <div>14</div>
<div></div> <div>17</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am <b>Lunch 12Noon</b> Ping Pong &amp; Games 1:00-3:00pm</div> <div>18</div>	<div>Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12 Noon</b> Bread 1:30pm Ping Pong &amp; Games 1:00-4:00pm</div> <div>19</div>	<div></div> <div>20</div>	<div></div> <div>21</div>
<div></div> <div>24</div>	<div>Chinese Exercise 9:00am “Walk to be Fit” 10:00am <b>Lunch 12Noon</b> Ping Pong &amp; Games 1:00-3:00pm</div> <div>25</div>	<div>Chinese Exercise 9:00am BINGO 10:00am <b>Lunch 12Noon</b> Bread 1:30pm Ping Pong &amp; Games 1:00-4:00pm</div> <div>26</div>	<div></div> <div>27</div>	<div></div> <div>28</div>
<div>50 PLUS EXPO 9AM - 4PM</div> <div>HAPPY HALLOWEEN</div> <div></div> <div>31</div>				